

SLOW-COOKED BOLOGNESE

By Kimberli Washington, Public Information Office



Ingredients:

- 1 lb. lean ground beef
- 6 oz. turkey bacon, chopped
- 3 medium shallots, chopped
- 2 rib celery, chopped
- 2 medium carrots, finely chopped
- 3 garlic cloves, minced
- 1 (28 oz.) can crushed tomatoes
- 1 (8 oz.) can tomato sauce
- 1 package spaghetti
- ½ cup heavy cream
- 6 tsp. grated parmesan
- Salt and pepper to taste

Directions:

- Cook turkey bacon in a medium non-stick skillet over medium-high heat, about 5 minutes until lightly browned.
- Combine turkey bacon, shallots, carrots, celery, garlic, crushed tomatoes and tomato sauce in a slow cooker. Crumble in ground beef and gently stir together.
- Cover and cook on high for about 5 hours.
- Before serving, bring a large pot of salted water to a boil. Cook pasta per package directions. Drain and transfer to serving bowl.
- Stir in heavy cream and 3 tsp. parmesan into sauce in slow cooker. Store half the sauce in a reusable container for another meal. Let cool before placing in freezer.

- Spoon remaining sauce over pasta in the serving bowl. Use salt and pepper to taste and sprinkle remaining parmesan over top of pasta.
- Serve and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.